

# City of Stockton Adult Sports Volleyball Rules



*For questions regarding general Adult Sports regulations, call us at (209) 937-5544*

## **PLAYERS, ROSTERS, EQUIPMENT, THE OFFICIALS, TIME, PLAYING FIELD**

### **PLAYERS AND TEAM ROSTERS**

1. No more than 14 players are allowed on a team roster. Players must have played in at least 2 regular season game to be eligible to play in playoffs.
2. 2 of the 14 roster spots must be filled prior to the end of the first week of the season.
3. A maximum of 6 players are allowed on the court at one time. A minimum of 4 players are required to start or finish a game.

**SUBSTITUTIONS:** Substitutions must be made during stoppage of play/timeout situations only. Unlimited substitutions are allowed when the ball is not in play. The substituting team must notify the official of the substitution.

### **PLAYERS' EQUIPMENT**

#### **Illegal Equipment**

1. Any sort of headwear. Headbands less than 2" wide are allowed.
2. Jewelry
3. Exception will be made on a case by case basis for medical or religious reasons.

### **THE OFFICIALS**

1. The officials' authority and jurisdiction begins when they are in or directly around the playing area directly before, during and directly after a match.
2. The referee shall have the authority to penalize rule breaking during play and during stoppages of play.
3. The referee's decision shall be final (not appealable) so far as the result of the game is concerned.
4. The referee has authority to rule promptly, in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.
5. Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of the officials assigned to the game.

### **THE LENGTH OF THE MATCH**

1. The match will consist of three games (best two out of three). All three games will be played, time permitting.
2. All three games will be played to 25.
3. The first and second games must be won by two points with a cap of 30

4. The third game is played straight up.
5. Each team is allowed two 30-second timeouts per game
6. Rally Scoring

### **THE FIELD OF PLAY**

The games shall be played on a full volleyball court at the local Community Centers.

#### **Net Height**

1. 7'4" for Women's
2. 8' for Men's and Coed

### **THE BALL**

Games will be played with balls provided by the Adult Sports Office. The official shall decide the legality of any ball. The teams are responsible for retrieving the ball and having it ready for each play.

## **PLAYING RULES**

### **GAME STRUCTURE**

Teams shall change sides between the first and second games of a match. The home team serves first and third game.

### **THE SERVE**

1. The server must serve behind the end line and in-between the sidelines.
2. They shall not touch the boundary lines or floor outside this area at the instant the ball is contacted for the serve.
3. Must be served within 5 seconds of the official's whistle.
4. Serving before the referee has signaled will result in a replay.
5. A ball may contact the net during the serve.
6. Opponents may not block serves.

### **PLAYING THE BALL**

1. The ball may be played if it hits the ceiling or any overhead obstructions and falls on the same side before 3 hits.
2. A ball touching any part of a boundary line is considered in-bounds.
3. Players may use any part of their body to play the ball, on a hard-driven hit or serve.
4. A team shall not play the ball more than 3 times before it crosses the net into the opponent's playing area.
5. Players are not permitted to catch, hold, or throw the ball.
6. The ball must not visibly come to rest even momentarily on a player's hands, fingers, or any other part of the body.

### **NET PLAY**

1. Reaching over the net is permitted during the follow-through of a hit ("spike") made on the player's own side; an attempt to hit; a fake hit; and a block or attempt to block.

2. Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack. It is not a "double hit" when a player blocks an attack, and then proceeds to make a pass or set to a teammate.
3. Players may cross the center line with their feet (but no other part of the body) if a part of the foot remains on or above the center line and the player doesn't interfere with the play of the opponent. A player may cross the center line's out-of-bound extension completely to hit the ball.
4. Recovering a ball hit into or out of the net shall be permitted. Contacting the net, while the ball is in play, is prohibited except by a player's hair or clothing or unless the force of a ball by an opponent pushes the net into a player.
5. Grasping the floor, wall, cables, standards, or referee stand for support is not permitted and is considered a net foul

## **PLAYOFFS**

The top 4 teams will be eligible for playoffs. To make playoffs, teams will need to have an average sportsmanship rating of 3.3 or higher. Playoff tie breakers occur in this order: Win percentage, Head-to-head wins, Average sportsmanship rating, Points scored, points allowed.

## **DEFAULTS & FORFEITS**

Teams should notify the Adult Sports Office 24 hours before their game if they know they cannot play. They can simply email the Adult Sports program at [sportsandfields@stocktonca.gov](mailto:sportsandfields@stocktonca.gov) stating their situation. They will receive a loss, but it won't be recorded as a forfeit. If a team forfeits with notice (default), the team will not receive a sportsmanship rating for that game. The team that does not forfeit will receive a sportsmanship rating of 4.0.

Teams that fail to provide 24-hour notice if they know they cannot play will receive a forfeit and a sportsmanship rating of 2.0.

## **CONDUCT OF PLAYERS**

1. **Captains are responsible for the conduct of their players and fans.** Each team's players and spectators will be held accountable for acts including abusive language, threatening remarks before, during or after any intramural contest.
2. Any participant or spectator who physically strikes another individual will be automatically suspended from further Adult Sports participation and face disciplinary action.

## **SPORTSMANSHIP RATING SYSTEM**

1. All participants, coaches and fans that choose to participate in the Adult Sports program with the City of Stockton are expected to display good sportsmanship and comply with the spirit and rules for each sport. The City of Stockton Adult Sports program will not tolerate profanity or any other unsportsmanlike conduct. Officials and supervisors shall make decisions on whether to warn, penalize, or eject players and/or teams for poor sportsmanship. These decisions are final.
  - Each team's players and spectators will be held accountable for acts including abusive language, threatening remarks before, during or after any Adult Sports contest.
  - Each team will receive a sportsmanship rating for each game. Team sportsmanship ratings apply to behavior before, during and after a contest.
  - After every contest, the game official will record a sportsmanship score for each team. The scoring breakdown is as follows:

5	Team members participate with outstanding sportsmanship within the established rules of the contest. No trash talking, name calling, or foul language occurs. Game officials have zero issues with team.
4	Team or individual team members play with expected sportsmanship and may occasionally voice a concern with the officials. Sportsmanship and understanding of the rules is acceptable, but could be improved.
3	Team competes without incident but display some poor sportsmanship. Spectators may have influenced their team's sportsmanship with their comments/behavior.
2	Team consistently displays poor sportsmanship, even after being warned by City of Stockton staff. Spectators may have influenced their team's sportsmanship with their comments/behavior. A forfeit also warrants a 2.0 sportsmanship rating.
1	Team had player(s) ejected from the game and/or displayed consistent poor sportsmanship throughout the contest.

2. If a team receives a sportsmanship rating of 2.0 or lower during playoffs, they will be disqualified and will not advance to the next round. All sportsmanship ratings will be reviewed during playoffs and may be changed by the Adult Sports Office.

#### **TOBACCO, ALCOHOL AND DRUG USE**

Tobacco, alcohol, and other drug use is not permitted during any City of Stockton Adults Sports activity or event. Any participant or spectator found using tobacco, alcohol or other drugs will be asked to leave the contest, facility, or field immediately. Additionally, any player or spectator suspected of being under the influence of alcohol or other drug will be asked to leave the contest, facility, or field immediately. Any player that has been asked to leave the contest for any reason will officially be ejected from the contest. Any incident may be referred to City of Stockton Police.

#### **EJECTIONS**

Any participant, coach or fan that is ejected from a City of Stockton Adult Sports program is immediately ineligible from play and/or spectating further competition in all City of Stockton Adult Sports events until the Adult Sports Coordinator reinstates that player. Any person ejected from a game must leave the playing area within 2 minutes, talk to the supervisor on duty and not cause any further disruptions to the game or approach any game officials for any reason.

It is the responsibility of the individual ejected to actively pursue reinstatement. If no attempt is made, that individual will remain suspended from that season and subsequent seasons. Suspensions are indefinite unless otherwise notified by the Coordinator.